

Rooster vanaf 16 april 2019

wk	Maandag 15/04	Dinsdag 16/04	Woensdag 17/04	Donderdag 18/04	Zaterdag 20/04	Zondag 21/04
16	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	1e Paasdag - geen sportlessen

wk	Maandag 22/04	Dinsdag 23/04	Woensdag 24/04	Donderdag 25/04	Zaterdag 27/04	Zondag 28/04
17	2e Paasdag - geen sportlessen	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power Sportmassage-actie van Jose v.a. 17.45 uur	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	Koningsdag - geen sportlessen	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 29/04	Dinsdag 30/04	Woensdag 01/05	Donderdag 02/05	Zaterdag 04/05	Zondag 05/05
18	Meivakantie t/m 5 mei 09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 06/05	Dinsdag 07/05	Woensdag 08/05	Donderdag 09/05	Zaterdag 11/05	Zondag 12/05
19	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 13/05	Dinsdag 14/05	Woensdag 15/05	Donderdag 16/05	Zaterdag 18/05	Zondag 19/05
20	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 20/05	Dinsdag 21/05	Woensdag 22/05	Donderdag 23/05	Zaterdag 25/05	Zondag 26/05
21	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 27/05	Dinsdag 28/05	Woensdag 29/05	Donderdag 30/05	Zaterdag 01/06	Zondag 02/06
22	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	Hemelvaartsdag – Geen lessen	09.00 (Nordic) FitnessWalk&Run Marjolein 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 03/06	Dinsdag 04/06	Woensdag 05/06	Donderdag 06/06	Zaterdag 08/06	Zondag 09/06
23	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates (laatste) 19.45 Varia Power (laatste)	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus Jo <i>Irene vak</i>	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch Alpe d'huzes Angelique!	09.00 (Nordic) FitnessWalk&Run 09.15 Geen Power Only <i>Jo vak tm 25 juni</i>	Pinksteren – geen les